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Bangalore Mirror

TEMP Max 32 | Min 21 | Humidity 84% Thundershower Sensex 62,969 | Nifty 18,633 | Gold 59,766 | Silver 70,825 | Dollar 82.67 | Euro 88.69 | GBP 102.78

Study shows around 80,000 people died in Bengaluru in 2019 due to various effects of inhaling high levels of PM 2.5 and PM 10 in the air

THE LAST BREATH

Ischemic Heart Disease most common issue leading to premature deaths

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TWEETS @BangaloreMIRROR

High levels of particulate matter (PM 2.5 and PM 10) in the atmosphere claimed approximately 80,000 lives in Bengaluru in 2019, says a recent study conducted by researchers from the National Institute of Advanced Studies and BMS College of Engineering in the city.

Ischemic Heart Disease (IHD) was the most common health issue due to high exposure to PM leading to premature deaths, followed by Chronic Obstructive Pulmonary Disease (COPD), Cerebrovascular Disease (CEV, Stroke), Lung Cancer (LC) in adults, and Acute Lower Respiratory Illness (ALRI) in children.

On an average, the study estimated 35,913 deaths due to IHD, 15,182 premature deaths due to stroke, 23,574 deaths owing to COPD, 1,783 people dying due to various forms of cancer, and 3,886 deaths owing to ALRI.

The study highlights that exposure to PM, especially PM2.5, is known to cause many health

CONTINUED ON PAGE 8 »

"Although Bengaluru has a geographical advantage, any further change in climate scenario will spell doom for the citizens. While those living in highly polluted areas are attuned to such conditions, Bengalureans are not, making them more vulnerable

– Gufran Beig, NIAS

Nurse, heal thyself

Due to shortage of hands, nurses having to work overtime at Victoria Hospital

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TWEETS @BangaloreMIRROR

Victoria Hospital is the largest hospital not only in Bengaluru but also in the state. It can accommodate 1,000 patients at a time. Since the covid 19 pandemic, the number of patients visiting Victoria Hospital for treatment has increased but the number of nurses remains the same, making it difficult for nurses to provide general patients care and triage.

"It is a 1,000-bed hospital. The number of patients visiting for treatment is increasing day by day but the authorities have not taken measures to recruit nurses. This hospital needs around 110 nurses to help the patients. It has become tough for the existing nursing staff to attend all patients," said Karnataka State Government Nursing Officers' Association vice president Sridhar M.

According to reliable sources, 894 nursing staff (including Bangalore Medical College) are working at Victoria Hospital, Vanivilas Hospital and Minto Hospital and among them, 562 are appointed by the state government and 313 nursing staff are recruited on contract basis. There are around 20 vacancies for nursing staff.

The sources said around 360 doctors

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Food for thought

This year, German Spotlight is focussing on German playwright Theresia Walser with dramatised readings of four of her works. About the Play: Three wives of well-known despots are about to face journalists. Mediating this huddle is a translator who manipulates their words to ''get the conversation going'', instigating them to justify their own deeds while judging those of the others'. As the hour gets closer to the press conference, their exchange becomes more and more brazen and eerily, relatable.
Where: Goethe Institut/ Max Mueller Bhavan
When: June 3, 6.30 pm
Info: http://goethe.de/bangalore

02 Film screenings

Travelling on Atypical Orbits, a very special set of film screenings, in collaboration with the 18th Berlinale Forum Expanded, which is a section of the Berlin International Film Festival, independently curated and organised by Arsenal – Institute for Film and Video Art, Berlin. The six selected films are idiosyncratic, highly personal explorations of individual and collective historical trajectories. Their makers search for ways of accessing lost or lingering memories of families, societies and institutions, unearthing fraught narratives and forging tender connections across time and space.
Where: Goethe Institut/ Max Mueller Bhavan
When: June 4, 4.00 pm

03 Music Jams

Every Wednesday, jam at Lahe Lahe with your voices and your musical instruments. You are also welcome if you just want to hear music.
Where: Lahe Lahe
When: Wednesdays, 7:30–9:30 pm

Can't kick the habit: Tobacco use is rising

Institute says related cancer cases too have gone up among males

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Students protest against smoking and tobacco use (file)

The government-run Kidwai Memorial Institute of Oncology (KMIO) is one of the tertiary care centres in Karnataka for the treatment of cancer. The centre has recently observed that the use of tobacco has been increasing and tobacco-related cancer cases in males have been going up.

According to the KMIO statistics, it is estimated in India that 27.2 per cent of cancers are related to the use of tobacco both in smoked and smokeless form. The available data suggest that prevalence of tobacco-related cancer is more among men (more than 45 per cent). Ninety per cent of all lung cancer deaths in men and 80 per cent in women are caused by smoking.

Statistics say that in 2021, Karnataka at KMIO reported 21,009 tobacco-related cancer cases, contributing to 24 per cent of the cases. The tobacco related-cancer cases were 56,724. Males recorded 37,373 cases and females recorded 19,351 cases.

In Bengaluru, data from 2022 revealed that out of the 15,827 patients with different types of cancer, they were 3,821 (24.1 per cent) patients suffering from tobacco-related cancer. In males, out of 6,868 infected with cancer, they were 2,569 (37.4 per cent) diagnosed while the females contributed to 1,252 (14 per cent) cases.

Dr V Lokesh, Director of KMIO said, "Tobacco also causes other diseases like heart ailments, respiratory diseases, sleeplessness, urinary bladder diseases, impotency and in women, menstrual imbalance, still birth and low birth weight and cervical cancer. The patients are coming for treatment to KMIO are not only from Karnataka but also from neighbouring states as well as from neighbouring countries like Sri Lanka, Bangladesh, Nepal and also from Pakistan for diagnosis and treatment purposes. It is observed amongst the patients that majority of the patients are male and suffering from tobacco-caused cancer."

> **"Tobacco also causes diseases like heart ailments, respiratory problems, urinary issues, impotency, and many other diseases**
> –Dr V Lokesh, Director of KMIO

Every year, May 31 is celebrated as World No Tobacco Day with the theme "We need food, not tobacco". KMIO aims to create awareness among the people, especially youth, regarding the harmful effects of tobacco use and will motivate those who have already cultivated the habit to give up the use of tobacco.

Prof Dr Somashekhar SP, Chairman - Medical Advisory Board, Aster DM Healthcare said, "Men are more prone to women mainly due to their lifestyle, excessive smoking and alcohol consumption. For ages, men have been exposed to carcinogenic substances due to occupation and stress at workplace plays a crucial role too, which in turn increase the habit of smoking. Women have protective genes which protects them from disease. Though the government has taken multiple measures, enforcement is required. They should completely ban smoking in selected areas and raise awareness about passive smoking."

Help SSLC students navigate career questions

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PICTURE FOR REPRESENTATION ONLY

The Karnataka State Commission for Protection of Child Rights (KSCPCR) has suggested that all government and private high schools across the state should have career guidance facilities for the benefit of SSLC students.

The KSCPCR, in a letter dated May 26 to the Commissioner for Public Instruction, emphasised the need of these facilities, especially those who passed with second and third class.

"Career guidance will be a great help for such students. There are possibilities of SSLC students selecting the wrong stream due to the pressure from friends and parents," said KSCPCR chairman Naganna Gowda in the letter.

The KSCPCR chairman said there is a possibility of such SSLC students stopping their higher studies due to lack of proper career guidance. "While boys who stop pursuing higher studies end up as child labourers, girl students end up as victims of child marriage," the KSCPCR chairman said.

The KSCPCR made the following recommendations: Make career guidance mandatory for all SSLC students, all schools must keep a tab on the students, all schools (government and private) must have the data on the colleges, all the schools should take the help of organisations working in the field of education, counseling should be given to those SSLC students who scored low marks, and the school that kept a tab on students should give guidance to the students to select right stream (science, arts, and commerce).

Child Rights Trust Director Nagasimha G Rao has said the KSCPCR taken a right decision in the interest of the SSLC students. "Now volunteers can register their names with the Child Rights Trust or with the KSCPCR to become counselors for the SSLC students," said Nagasimha G Rao.

S Manju, a member of KSCPCR, said their aim was to ensure all students pursue higher studies.

State sees 2,165 cases of crimes against children this year, so far

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The state has recorded 2,165 cases of crimes against children in 2023 so far, according to data provided by the Karnataka State Police.

According to the data, as of April 2023, the maximum number of cases against children have been registered for child abduction and kidnapping. The state recorded 1,043 cases of child abduction and kidnapping. Following that, 991 cases have been registered under the Protection of Children from Sexual Offences Act (POCSO).

Karnataka also recorded 30 cases of child labour, 23 cases under the Juvenile Justice Act, and 43 cases related to child marriage.

In April, Bengaluru recorded 57 cases under the POCSO Act, which is a decrease compared to previous months and the corresponding month of the previous year.

Nagasimha G Rao, a child rights activist and director of Child Rights Trust, says how prone a child is to such crimes also depends on the child's community and economic condition.

"There are children from certain sections of society who are far more vulnerable because, firstly, they opt out of school, and secondly, because of their economic condition. Children from economically disadvantaged groups can easily become victims of child labour and abuse, especially because their parents are not well aware of their rights," he said.

"There are children from certain sections of society who are far more vulnerable because of their economic condition

– Nagasimha G Rao, activist

He added that crimes against children have seen a sudden rise after covid. He claims that this is mostly because children were stuck at home and too involved with social media and other mobile apps. "One of the main reasons is that during covid, children were making online friends, and we are not aware whether the online friend is another child or a fraudster. Another thing is that the stigma related to sexuality or abuse is reducing in households, leading to parents being more comfortable with filing a police complaint," he added.

He further added that cases of child pornography are also on the rise because the content is easily accessible and nobody is taking action as the people who are watching the same are criminals themselves.

"There is a need for more child-friendly police stations and monitoring. If there is regular monitoring at places, there will be no need to worry about abduction or sexual harassment. For example, if the authorities visit and inspect schools regularly, they can get to know what is happening in the school and take action," he said.

IN BRIEF

Techie robbed in ORR

Two bike-borne men recently robbed a techie in the Outer Ring Road area, Marathahalli. The victim, Musheer Sheikh, aged 22 years, had come from Ahmedabad to Bengaluru on May 24 around 12:30 am. He then went to Karthik Nagar by a BMTC bus, and by the time he reached, it was 2 am. While he was waiting for a cab to go to Maruthi Nagar, the two robbers approached him on a scooter and held a knife at him, asking him to hand over his belongings.

The victim handed over his bag containing a Lenovo Ideapad and a MacBook. The accused also stole his mobile phone, documents, and cards.

The police have registered a case under IPC Section 392 (robbery) and are currently looking for the accused.

Man murdered near KR Rd

On May 29, a labourer, Anand, was found brutally murdered with his throat slit. Anand's body was found near the bus stand on KR Road. He had been working in KR Market. Police suspect that the murder occurred after a fight that took place the previous day. A case has been registered at VV Puram station.

—BMB

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Traffic marshals head to ORR!

Iffath Fathima @timesgroup.com
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Over 200 marshals from contractors of BMRCL have been deployed to manage traffic along ORR phase 2A line

Over 200 trained traffic marshals from the contractors of BMRCL have been deployed to manage traffic along the Outer Ring Road (ORR) phase 2A line, from Central Silk Board to KR Puram, to facilitate smooth traffic flow for commuters.

The two agencies working on the metro line (AFCONS and SNC), have jointly deployed the traffic marshals to work around the clock. These marshals have been trained by the Bengaluru Traffic Police from the Bellandur and Mahadevpura divisions.

When the contract was awarded, BMRCL officials emphasised the need for the deployment of traffic marshals. Firstly, they required permission from BTP to be obtained before starting utility shifting works as well as the preparation of traffic diversions and detours to be planned and implemented during non-peak hours whenever possible. Additionally, the inclusion of marshals near these detours was mandated to ensure proper signage for commuters to understand the diversion route, and for the marshals to manage the traffic effectively.

The main responsibilities of the traffic marshals include minimising the impact on traffic movement during the transportation of large trucks and construction machinery, ensuring the safety of commuters and pedestrians crossing the road, managing traffic flow in congested construction sites, and promptly removing breakdown vehicles.

Construction work has caused some traffic disruptions with certain roads on this line being reduced from three to two lanes. The number of deployed traffic marshals has increased from over 70 to 200 marshals manning the junctions over the past year.

Niyamathulla, Chief Safety Manager at SNC, said, "As per our contractual agreement, it is crucial for us to deploy traffic marshals at construction sites. These marshals have the responsibility of ensuring smooth traffic management and they undergo weekly training sessions. Our company, SNC, has more than 78 trained marshals working round the clock on the ground. We have stationed traffic marshals at key junctions along the Marathahalli-Kadubeesanahalli to Tin Factory route."

Clement Jayakumar, Secretary for Mahadevapura Task Force - Mobility, said, "Traffic movement on the ORR is undoubtedly affected by the Metro Mega Project. However, it is reassuring to witness over 200 marshals doing their best to manage it and improve our daily commute."

WORLD NO TOBACCO DAY!
FACTS ABOUT DANGERS OF SMOKING
7000 Smoked tobacco products contains more than 7000 chemicals
250 At least 250 chemicals known to be toxic or to cause cancer.
22000 22 000 people die from tobacco use or second-hand smoke exposure every day one person every 4 seconds.
30 Risk of lung cancer is 15 - 30 times and oral cancer is about 5 to 10 times greater for smoker.
50 Lifelong smokers have a 50% probability of developing COPD during their lifetime.
QUIT TOBACCO NOW!
BENEFITS OF QUITING SMOKING
20 min Within 20 minutes, your heart rate and blood pressure drop.
12 hrs 12 hours, the carbon monoxide level in your blood drops to normal.
12 weeks 2-12 weeks, your circulation improves and your lung function increases.
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When the lake turned black

Citizens find dead shellfish in Madiwala Lake, say water quality is deteriorating

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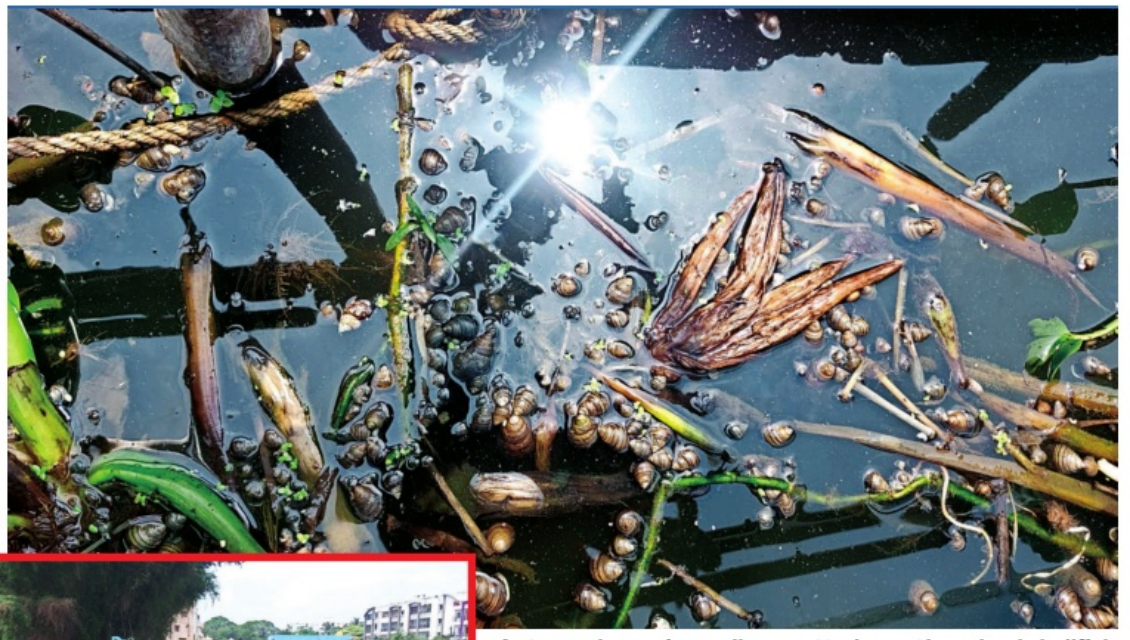
Be it mismanagement of watershed or authorities' lack of will towards conservation, the Madiwala Lake, spread across 180 acres and located in south Bengaluru, is in a mess.

Just a couple of days after a fish kill was reported at the water body, thousands of dead shellfish were seen floating on the lake surface on Tuesday morning.

"I was on my regular morning walk when I saw an uncountable number of shellfish lying motionless on the lake's surface. While the lake was cleaned four days ago after the last episode of fish kill, more dead fish were also seen along with shellfish," said Naveen S, a resident of the area and a lake activist.

Residents also said the lake water quality is deteriorating faster and the area has a stench.

"The water has turned black - not only near the inlet, but also at the far end of the lake. There is a foul smell emanating from the lake. We must not forget that while we are noticing only the dead fish. A lake ecosystem also has umpteen microscopic flora and fauna. Such mismanagement will damage the lake ecology irreparably," said another resident.



A stunned morning walker spotted countless dead shellfish floating on the surface of Madiwala Lake on Tuesday

"The water has turned black - not only near the inlet, but also at the far end. There is a foul smell emanating from the lake. A lake has umpteen microscopic flora and fauna too – Resident

BM's report on May 26 spoke about a fish kill incident at the same water body

Locals and activists in the area said all the issues started cropping up after a retaining wall blocking the flow of sewage into the lake from a nearby stormwater drain was demolished by the Bruhat Bengaluru Mahanagara Palike (BBMP) nearly ten days ago. They said the civic body did so as a knee-jerk reaction after a few houses in the nearby localities flooded during the recent rain spells. They also alleged that the BBMP engineers did so without any formal approval from the Karnataka Forest Department (KFD), the custodian of Madiwala Lake.

"We kept calling authorities from both BBMP and KFD to seek help. We could see the water body deteriorating every day. However, all our calls were not entertained," said another active member of civil society.

At the end of their tether, the locals decided to take matters into their own hands and rebuilt a mud wall to stop the flow of sewage into the lake. The residents, in association with the officials from the Department of Fisheries, hired an earth mover and restored the barricade on Tuesday, preventing the entry of sewage.

"While we have brought back the barricade, it is only a temporary solution. We have used mud and some concrete blocks left from the retaining wall's demolition and created a bund-like structure to help the lake restore itself. The authorities must act immediately," said Naveen.

When Bangalore Mirror reached out to KFD, a senior official informed that the department has sent a formal letter to BBMP, requesting upkeep of the SWD in the area. However, the official denied any permission sought by the civic body before demolishing the wall.

Small victory for Sankey's guardians

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On Tuesday, the Halasuru Gate Police Station closed the case filed against a group of citizens who had participated in a peaceful walk in February this year, opposing the proposed Sankey Road widening and flyover project. The police closed the case and filed a B-report.

This happened after the High Court of Karnataka put a stay on all further investigation in the case on Monday.

After a group of citizens organised a peaceful morning walk on February 19 as a mark of protest, the Malleswaram Police Station had filed FIRs against eight citizens and 70 unknown citizens under sections 341, 141, 149, and 283 of the IPC, which pertain to wrongful confinement, unlawful assembly, and obstruction of public way. The police had claimed that citizens had violated these sections during the peaceful walk. However, following city-wide opposition to this harsh action against citizens, the case was transferred to the Halasuru Gate police station for an unbiased investigation.

A view of Sankey Tank; Halasuru police closed the case filed against a group of citizens who had participated in a peaceful walk in February

The residents of the area have termed it a victory for citizens and democracy.

"I never doubted the High Court would uphold our constitutional right. However, we also need to re-examine the 2021 order that effectively banned protesting anywhere in the city aside from Freedom Park. The order contravenes constitutional rights and various Supreme Court judgments related to the right to peaceful assembly and the right to protest," said Avijit Michael, a resident and one of the participants of the peaceful march held on February 19. Citizens against the Sankey flyover and road widening project say they are hopeful that the new government will officially cancel the unscientific project.

"The new government should put an end to not only the Sankey Flyover and road widening project but all the unscientific infrastructure projects that had been announced in the recent past. We urge the government to constitute the BMLTA and ensure that all solutions to traffic problems are undertaken by mobility experts. This should be done through a thorough feasibility study, public consultation, and prioritising the needs of pedestrians, public transport, and green cover," said Kimsuka Iyer, a citizen from the area who participated in the march.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Parking problems

HAL

In HAL 3rd Stage, a commercial building has been constructed without any parking space. This is leading to parking outside.

Commuting chaos

Basappa Circle

At Basappa Circle, the free left turn for vehicles coming from the market side has been obstructed by stones, tires, and garbage.

Flood-proof it

Magadi Road

Due to the bad drainage system in place, Magadi Road near Victory Cinemas experiences frequent flooding during heavy rains.

City has new police commissioner

The Congress government in Karnataka on Tuesday transferred four IPS officers.

CH Pratap Reddy, Bengaluru Police Commissioner, is transferred and posted as DGP of Internal Security Division, Bengaluru.

B Dayananda, ADGP, Intelligence will be the new police commissioner of Bengaluru. A government press release said, "B Dayananda, ADGP, Intelligence has been transferred with immediate effect and posted until further orders as commissioner of police."

Dayananda, a police officer from the 1994 batch, was also in charge of the traffic division in Bengaluru and served as the city's joint commissioner of police (crime).

Dayananda's name had been on the list of candidates for the position of city police commissioner last year, but the then-BJP administration ultimately chose Reddy.

Dayananda headed the Intelligence department during the tenures of Siddaramaiah, HD Kumaraswamy and BS Yediyurappa.

Dr. MA Saleem, ADGP and Special Commissioner (Traffic), Bengaluru city is promoted and posted as DGP, Criminal Investigation Department (CID), Special Units and Economic Offences, Bengaluru.

KV Sharath Chandra, ADGP of CID, Bengaluru is transferred and posted as ADGP, Intelligence.

The Congress government has appointed Dr. Alok Mohan as the Chief of state police department following the appointment of Praveen Sood as the CBI Director.

—BMB & Agencies

Brave the storm, away from your mobiles & bikes

Govt advisory lists out measures to be taken to save yourself from lightning strikes

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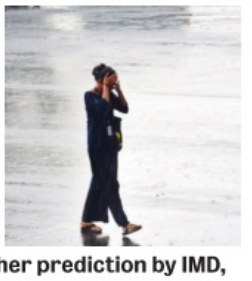
It is better to avoid bikes and stay away from mobile phones during lightning and thunderstorms, according to the latest advisory issued by the State Government. Every year, scores of people lose their lives due to lightning attacks. On Sunday, three people died across the State in lightning strikes. After a thorough brainstorming session, the government issued the latest advisory.

The advisory states that it is necessary to identify the areas prone to lightning strikes in order to protect public property and infrastructure. "Measures should be implemented to mitigate the potential damages caused by lightning. The Karnataka State Natural Disaster Monitoring Committee and India Meteorological Department (IMD) should manage and disseminate lightning alerts to the local level using a common alerting protocol. This information should be shared with primary health centres, primary veterinary clinics, gram panchayats, and raitha samparka kendras. Besides these, there should be awareness programs in schools and colleges to educate students," said the advisory. It also said dos and don'ts should be publicised through social media platforms.

"Before leaving your home, it is advisable to check the common alerting protocol messages on your mobile phone. During adverse weather conditions, it is important to avoid going outdoors. Seeking shelter under RCC roofing or any other metal structures. It is not advisable to be on hillocks, mountains, or peaks and safer to move to a lower altitude area. People should stay away from water sources, including lakes and rivers," added the advisory.

PICS: KAUSHIK JN



Bengaluru witnessed heavy rainfall on Tuesday afternoon. According to weather prediction by IMD, widespread light to moderate rains/thundershowers are likely over BBMP area on Wednesday too

An analysis of lightning deaths shows that many who take shelter under trees during thunderstorms become easy targets. The advisory said that it was important to keep a distance from electric appliances, power lines, telephone lines, mobile towers, or any high-tension electrical lines. "If you are driving a car, it is better to park and stay inside the vehicle. In case you are in a group, it is recommended to separate and maintain a certain distance from each other. If you are outdoors and unable to reach a safe place, it is better to kneel down, turn your head down, and cover your ears. Taking shelter under trees, telephone or electric poles during thunderstorms is extremely dangerous," it said.

> **"Do not use umbrellas with steel handles during thunderstorms. Stay away from fire and electrical appliances**

Further, it said using iron items during thunderstorms is not recommended. "Avoid using mobile phones during thunderstorms. Avoid taking a bath or shower as lightning can pass through iron taps. Postpone travel plans in case of thunderstorm alerts. Do not travel on bikes or cycles," it added.

Any NEP changes? Talks on

Is the State Government planning to withdraw the National Education Policy (NEP) after it was introduced by the previous BJP led government? Soraba MLA Madhu Bangarappa who has taken over as the new School Education Minister said that he would soon hold talks with the Chief Minister to spell out the new government's measures. "We had mentioned in our poll manifesto about revision of textbooks. I have personally discussed with the CM on Monday and even litterateurs have given their set of demands. We need to see what best decision we can make under the guidance of the CM." Earlier, Chief Minister Siddaramaiah had said that the education sector will not be allowed to be "adulterated" in the name of NEP; the CM had said that a separate meeting would be convened in this regard once again to discuss it comprehensively and take strict decisions.

Bangarappa said, "I have taken over the ministry on Monday and held meetings with office bearers and now in a phased manner, I will speak to all the stakeholders. We have already said that students come to schools to get educated and we don't want it to be disturbed, and there should be no mistake on part of the government or me or officials or the system in this regard."

'Consult schools before action'

Many litterateurs had met Siddaramaiah on Monday and urged him to revoke NEP and other controversial decisions. Reacting to this, Educationist D Shashi Kumar said, "There has been pressure from various quarters to revise the textbooks which is an unhealthy development. I request the government to consult only educationists. Undoubtedly, the previous government had created a lot of confusion. Now, we request the Siddaramaiah government to clear the confusion before taking any major decision. If at all any decision is taken, it should be done only after holding consultations with all school associations."

Free bus travel

The decision to provide free bus travel for women is likely to be taken after the Cabinet meeting. In a press conference along with KSRTC, BMTC, NWKRTC, and KKRTC, Minister for Transport, Ramalinga Reddy said, "As per the manifesto, we announced free bus travel for women. The decision is likely to be taken after the Cabinet Meeting scheduled for June 1." He clarified that the scheme will include all women. BMB

Bite's worse than the bark

B'luru hospital reports at least 10 cases of dog bites daily while data reveals cases have increased in number; docs say immediate treatment in key in these incidents

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TWEETS @BangaloreMIRROR

There has been a slight increase in the number of people visiting Epidemic Diseases Hospital also known as Isolation Hospital for dog bite treatment, with around 10 cases being reported at the hospital every day.

Though dog bite victims are treated at Victoria Hospital, KC General Hospital and other hospitals in the city, Epidemic Diseases Hospital treats the maximum number of dog bite victims on a daily basis.

The worrying factor is that the number of dog bite victims is more compared to the number of dog bite victims in the corresponding period last year. Around 860 dog bite cases were reported from January to April this year as against 663 dog bite cases from January to April last year. In January 2022, the number of dog bite cases was 237, February 126, March 172, and April 128. In January 2023, the number of dog bites was 219, February had 221, March had 240, and April had 179.

Among the victims, the number of male victims is more compared to female victims. In 2022 (from January to April), male victims are 487 while women victims are 176 while the number of male victims is 617 while the number of women victims was 242 from January to April in 2023.

"We provide treatment for dog bite victims round the clock. There are occasions where other general hospitals send dog bite victims to our hospital for treatment whenever they face shortage of rabies immunoglobulin. We give ARV (anti rabies vaccine) if the patient has scratches or if the dog bite is small. We give rabies immunoglobulin if the wound is bleeding," said Dr N V Suresh, District Surgeon, Epidemic Diseases Hospital.

Fortunately, the number of rabies cases decreased in the four months of this year as compared to the corresponding period last year. Eleven rabies cases were reported from January to April in 2022. However, the number of rabies cases is six from January to April this year. "They should not neglect dog bites. They must visit the nearest hospital where treatment is available. They can visit Epidemic Diseases Hospital for treatment without any delay. We are open round the clock," said Dr Suresh.

Meanwhile, Radha Amarnath, founder president of ASRA said human behaviour towards stray dogs and stress among stray dogs are the main cause for increase in dog bites in the city.

> **People try to shoo away stray dogs and sound pollution from cars causes stress to streeties**
>
> –Radha Amarnath, founder president of ASRA

"There is no place in the city for dogs to stay in a calm and peaceful atmosphere. People try to shoo away stray dogs and sound pollution caused by speeding vehicles causes stress among stray dogs. There is a notion that stray dogs contribute more to dog bites but it is wrong. Majority of the dog bites are by pet dogs," said Amarnath.

Recalling an unfortunate incident where a youth died of rabies, Radha Amarnath has said the boy was bitten by his family's pet dog but he ignored the wound. "After a few days the boy complained about back pain. Later he suffered from hydrophobia and finally died of rabies in the hospital. His family members could have saved him had they taken him to the hospital for treatment at the right time," said Radha Amarnath.

Nevina Kamath, secretary, Action for Animal Justice, has said the conflict between humans and animals is the reason for the increase in the number of dog bites in the city. "There are incidents of shop owners throwing hot water on stray dogs and cattle," said Nevina.

Novel idea for clean, potable water

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As a possible solution for increasing the availability of clean, potable water, researchers at the Indian Institute of Science (IISc) have developed a novel thermal desalination system that can work using solar energy.

The team of researchers has developed a design for a solar-powered desalination unit that is more energy-efficient, cost-effective, and portable, making it convenient to set up in areas with limited access to continuous electricity.

Thermal desalination systems work by heating saltwater and then condensing the resulting vapor to obtain fresh water. But the energy required for evaporation is usually obtained from either electricity or the combustion of fossil fuels. An environmentally friendly alternative is using solar stills in which solar energy is employed to evaporate saltwater in large reservoirs and the vapor that condenses on a transparent roof is collected. However, during condensation, a thin layer of water forms on the roof, reducing the amount of solar energy that can penetrate the reservoir and therefore the system's efficiency.

"Our design is an alternative to such solar stills, which is also convenient to set up in areas with limited access to continuous electricity," said Susmita Dash, assistant professor in the Department of Mechanical Engineering and corresponding author of the study.

The setup, designed by Dash and her PhD student Nabajit Deka, comprises a reservoir of saline water, an evaporator, and a condenser enclosed within an insulating chamber to avoid heat losses to the ambient air.

Their system works by using solar thermal energy to evaporate a small volume of water absorbed into the evaporator, which has a textured surface.

① Textured evaporator ② Insulating wicks ③ Reservoir ④ Acrylic chamber ⑤ DC power source ⑥ DAQ ⑦ Thermocouples ⑧ Distillate ⑨ Weighing balance ⑩ Distillate channels

"The imbibing of liquid into the evaporator allows liquids to be drawn into narrow spaces of a porous material. This approach, instead of heating the entire liquid volume in the reservoir, significantly improves the system's energy efficiency," said Dash.

> **IISc researchers come up with unique thermal desalination system that uses solar energy**

The team also connected multiple evaporator-condenser combinations in a series, resulting in a multistage solar desalination system. This system, if built in a footprint area of 1 m2, can produce one litre of potable water every 30 minutes – at least twice as much as that produced by traditional solar still of the same size.

Apart from seawater, the system can also work with groundwater containing dissolved salts as well as brackish water. It can be adjusted to align with the shifting positions of the sun during the day.

The researchers are currently working on scaling up the system, improving its durability, and increasing the volume of drinking water produced to be deployed for domestic and commercial use.

IN BRIEF

Newly inaugurated, now leaking

With the tremendous amount of rainfall in the city, water was reported to be leaking through the roof of the Whitefield Kadugodi metro station. The purple line was inaugurated by PM Narendra Modi in March.

Prior to this incident, on April 6, Nallurhalli metro station also witnessed water leakage last month due to heavy rains.

Some commuters took to social media to caution others.

A member of Whitefield Rising said, "Passengers saw water on the platform and staircase. A lady was mopping the platform but the staircase was slippery. Passengers had to cross a wet platform and slippery staircase." Anvith Ullal, a resident of Whitefield, said that he has slipped a number of times. The dripping water is very dirty and a health hazard too."

With the IMD issuing a yellow alert for Bengaluru for the four days, the situation is precarious for commuters.

BMRCL MD Anjum Parwez added that new stations are being monitored. "Wherever a heavy roof is needed, despite water-proofing and other measures, sometimes there is a leak. Our team is monitoring the stations and has been able to reduce the leaks from several stations to Kadugodi and Whitefield. Both have been identified and sealed," he added.

—Abhijeet Kabad and Melvin Mathew

BMRCL going green

The Bangalore Metro Rail Corporation Limited (BMRCL) is planning to reduce energy consumption by metro coaches by utilising more regenerative brake energy and solar power. They are also mulling transferring additional energy generated through a regenerative system.

BMRCL MD Anjum Parwez said, "The frictional energy is being converted to electrical energy. This converted energy is used for utilisation in the train itself like air conditioning, lighting system and partly for running the train. Without the regenerative system, electricity overheads will increase by 25 per cent."

BMRCL is planning to install more solar panels. "We want at least 25-30 per cent of our energy required from solar panels," he explained.

BMRCL had already been utilising regenerative energy up to 15 per cent and now retrofitting has managed to increase by 30 per cent. "We are also working on transferring the energy from one sub-station to another. We are looking at transferring the power to another part of the station," he added.

Challaghata depot

Lines from Kengeri to Challaghata will be completed by July. The line is almost completed and some signalling work is pending. Further, trial work will be started. Depot work will take more time, added Parwez.

—Melvin Mathew

HEALTH TIP: Eat at least 30 to 40 grams of dietary fibre, fermented-rich food (pro, prebiotics) every day

Instead of abruptly waking yourself up, try opening the blinds or turning on a light to wake yourself gradually

CARD TRICKS

3 signs you may need a credit card hiatus

When your finances start to spiral and it becomes increasingly difficult to keep up with credit card payments or build toward financial goals, switching your payment method temporarily to cash or debit could help.

Spending with credit cards can stimulate the brain's reward centre and drive you to make more purchases, according to a recent study by MIT Sloan School of Management. The 2021 study had a small sample size of 28 participants, but other research also finds that people are likely to spend more with credit cards. However, it is possible to avoid overspending and the costs of interest charges on outstanding debt by using cash instead.

A vacation from credit card spending isn't for everyone, though. If you want to preserve your credit scores, you'll still need to keep zero-balance credit cards open and active with small recurring purchases such as paying for streaming service subscriptions or other similar transactions. Issuers may close inactive accounts, which can cause credit scores to drop.

By not piling new purchases on your credit cards, making more progress on debt or savings is possible. If you need a sign to determine if this course is right for you, here are some instances when shifting your spending to cash or debit can make sense.

1 YOU FREQUENTLY OVERSPEND IN CERTAIN CATEGORIES

You might not need to go cold turkey on your credit card spending. If you tend to overspend only in specific categories, consider setting aside a fixed amount of cash or funds on your debit card to cover those expenses. For those purchases that don't lead your budget astray, continue using a credit card and paying it off in full every month to avoid interest charges.

If, however, you usually overspend across multiple categories, using only cash may help you stay on track.

2 YOU'RE AN EMOTIONAL OR IMPULSIVE SPENDER

You may not be aware that you're an emotional or impulsive spender. However, it's possible to get an idea by reviewing credit card statements and reflecting on the reasons behind the purchases, says LaQueshia Clemons, a financial therapist at Freedom Life Therapy and Wellness in Connecticut.

"When you get upset or whenever you're emotional, this may be when you find yourself on Amazon or going to the mall," Clemons says. "As a way to avoid negative feelings, you may find yourself buying items because this can give you a euphoric feeling to replace the negative emotions."

If you realise you might be in this category after reviewing your purchases, stop spending with credit cards and analyze your financial habits, she says.

You might also consider meeting with a financial therapist if it's difficult to accomplish financial goals or you're in a continuous cycle of debt. The Financial Therapy Association has a directory to help you find a professional.

3 YOU CAN'T SEE A WAY OUT OF DEBT

If your credit cards are maxed out or you're struggling to keep up with minimum payments, it's time to come up with a strategy to pay off the debt.

After several layoffs early in her career, Aileen Luib, a digital content creator based in California, says she had to rely on credit cards to get by. Her combined balances grew to $10,000 by 2015, putting a wrench in her plans, so she came up with a new one.

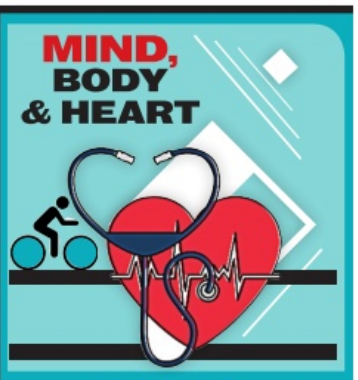
"I was doing a lot of different things to rack in the money and chip away at that debt as quickly as I could," Luib says. "I was kind of tapping into my skill sets to start scraping up money in little corners of my life, and it all added up."

Luib says she also used a balance transfer to consolidate debt from several credit cards onto one with a lower interest rate, and she didn't add new purchases to the card. With these tactics, she says she paid off her balance in 2017.

Balance transfers typically require a good credit score of 690 or higher. The ideal balance transfer card will have an interest-free window long enough to pay off debt, no annual fee, and a balance transfer fee of 3% or lower. To determine if a transfer is worth it, consider whether the balance transfer fee costs less than what you're projected to pay in interest charges on the current credit card. (An online interest calculator can help.) You'll also make more progress on the debt if you stop putting new purchases on credit cards.

With less-than-ideal credit, you still have options if it's becoming increasingly difficult to meet payments. Consider meeting with a counselor from a nonprofit credit counseling agency. They aren't mental health professionals, but they can offer financial guidance and help you determine whether you qualify for a debt management plan that consolidates debt into a single payment with a lower interest rate. Your credit cards may be closed if you enroll in this plan, so expect to shift to cash or debit to cover expenses.

AP



All problems solved

Dear Coleen

I've been with my husband for 44 years.
He is a very caring and loving father, grandfather and greatgrandfather.
Both of us are dedicated parents to the four children we shared after we went through divorces.
My children are now in their late 50s and early 60s and have given us tremendous support over the years. At the moment, my husband is in remission from cancer and also lives with a pacemaker. During his hospital treatment, he received very little support from his children, who were seldom to be seen when we could have used their help. Over the years, my husband has never failed to show his love for his son and daughter, and their families. I'd value your advice on whether I should interfere and tell his children how much their distance upsets him.

COLEEN SAYS

Yes, you do have a right to say something – and it doesn't have to be accusatory and cause an argument. You have to get across to his kids that their dad is at a stage in his life where he'd really appreciate them making some time for him. Remind them he loves them and he feels sad he doesn't get to see them much. Just let them know how much you'd both appreciate it if they planned some visits because seeing them makes him happier than anything else.

This isn't interfering, you're just asking them nicely, and sometimes people need a reminder about what's important.

I hope it lands with them, but if they don't change, they'll have to live with the fact they didn't make the effort.

I think we assume our family will be around forever, especially our parents who have always just been there, so we can take them for granted.

—Coleen Nolan, Daily Mirror

MIRRORLIGHTS

55% of cardiac deaths in India caused by delay in seeking care

About 55 per cent of the cardiac/stroke deaths reported in India are due to delay in seeking care, according to the first community-based study published in the journal Lancet.

The study, conducted at the All India Institute of Medical Sciences (AIIMS) and Indian Council of Medical Research (ICMR), New Delhi, stated that only a small proportion of patients with cardiac and stroke emergencies reach health facilities early.

"Lack of timely care is a predictor of poor outcomes in acute cardiovascular emergencies including stroke. We assessed the presence of delay in seeking appropriate care among those who died due to cardiac/stroke emergencies in a community in northern India," said Anand Krishnan, correspondence author, Centre for Community Medicine, AIIMS, in the study.

The findings showed only 10.8 per cent of the deceased reached an appropriate health facility within one hour.

—IANS

There's nastiness in the air

CONTINUED FROM PAGE 1

issues and these particles have a direct connection to health conditions that can be fatal.

"PM is linked to early human mortality, which results in various adult health conditions. Inhalation of particles causes changes in the respiratory airway and weakens pulmonary function, which may lead to cardiorespiratory problems or lung malignancy and hence may prove fatal. In the PM factions, PM10 leads to respiratory problems, and PM2.5 leads to cardiovascular problems, which may cause death," said the study.

According to the researchers, the number of premature deaths has been estimated based on relatively better air quality compared to cities like Delhi. Any further deterioration in air quality will leave Bengaloreans at a much higher risk of contracting these health issues.

"Although Bengaluru has a geographical advantage, any further change in climate scenario will spell doom for the citizens. While those living in highly polluted areas such as Delhi and Mumbai are attuned to such conditions, Bengalureans are not. This aspect will make them more vulnerable and susceptible to various health issues due to high PM level exposure," said Dr Gufran Beig of National Institute of Advanced Studies and co-author of the study.

Health experts raise alarm

Doctors from city-based hospitals say they are already getting a good chunk of OPD cases triggered due to PM exposure. This number has surged further after covid restrictions have been lifted. Post covid, travel has opened up, and working from home has become an uncommon option. People are using various modes of transport, adding to the air pollution. To add to this, industries too have started functioning up to the pre covid levels.

"All these factors have contributed to the irritants that cause various lung issues. Construction and urban planning activities are also adding to the already deteriorating air quality which hampers lung health leading to a higher number of cases," said Dr Pavan Yadav, pulmonologist at Aster RV Hospital.

Doctors say PM is a major air pollutant that can cause various health issues in humans and thus it is essential to be aware of the sources, levels, and effects of PM in our environment and take appropriate measures to protect ourselves and our loved ones from this hazard.

They added that PM could penetrate deep into the lungs and enter the bloodstream, causing a variety of health problems and also premature death in people with heart or lung disease, nonfatal heart attacks, irregular heartbeat, aggravated asthma, decreased lung function, increased respiratory symptoms, such as irritation of the airways, coughing or difficulty breathing, COPD, lung cancer, IHD, and reproductive and central nervous system dysfunctions.

"The health risks associated with PM depend on the size, shape, surface area, and chemical composition of the particles. Generally, the smaller the particles, the more harmful they are, as they can reach deeper into the respiratory system and cross biological barriers," added Dr Yadav.

Experts say the level of exposure to PM varies depending on the location, season, weather, indoor and outdoor activities, and personal characteristics of the individuals. Some groups such as children, the elderly, pregnant women, people with pre-existing respiratory or cardiovascular diseases, and people living in low-income or polluted areas are more vulnerable to the adverse effects of PM.

There are many ways to reduce exposure to PM and prevent its harmful effects. Using clean and efficient technologies for cooking, avoiding or limiting outdoor activities when PM levels are high, wearing masks or respirators, keeping windows and doors closed when PM levels are high, using air purifiers or filters indoors, and maintaining a healthy lifestyle with regular exercise and balanced diet will go a long way.

Too many patients, too few nurses

CONTINUED FROM PAGE 1

are working at the Victoria Hospital. Due to shortage of human resources, the existing nursing staff have to work overtime. "There will be an acute shortage of nurses if the existing nurses go on leave. I also find it very difficult to take care of in-patients when my colleagues go on leave. It will be convenient working here if the authorities recruit more nurses as per the requirement," said a staff nurse on a condition of anonymity.

It is said that the shortage of nursing staff has been affecting patients from neighbouring states who are admitted to Victoria Hospital for treatment. The sources said the in-patients from neighbouring states are compelled to wait two or three days more to get discharged from the hospital.

The sources said as per the norms, one nurse is needed to provide general care to six patients (six beds) at a general ward, one nurse for four beds (special ward) and one nurse is needed per bed at ICU, ICCR and nephrology ward. As of now, 485 nursing staff (309 regular nursing staff and 176 nursing staff appointed on contract basis) are working at Victoria Hospital.

The public relation officer of Victoria Hospital said the BMC has sent a proposal to the government for creating around 300 nursing posts. The shortage of nursing staff is not confined to Victoria and Minto hospitals. There is a shortage of nurses at CV Raman General Hospital and KC General Hospital too. "We have 70 nurses against the sanctioned strength of 80 nurses. It will be difficult if some of the working nurses apply for leave," said a doctor at CV Raman General Hospital.

Meanwhile, Health and Family Welfare Commissioner Randeep D said measures would be taken to fill up vacancies at government hospitals.

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personal

CHANGE OF NAME

I, SRIPAL SAKARIA S/o. Inder Kumar R/a. Julta Surya Elite APTS No. 3 Upper Pipeline Road Flat No. 205 2nd Floor Kumarapark West Bengaluru-560020. I have changed my name to SRIPAL INDERKUMAR SAKARIA. Vide affidavit Date: 29.05.2023. Sworn before Notary: Devaraja.E.

I Srinivasamurthy S/O. Thimmaiah R/o No 74 Maramma Temple Road Lakshmipura Vidyaranyapura Post Bangalore 560097 have changed my name to T Srinivasamurthy

I Choicy Verghese, W/O K V Vergees & D/O Wilson D'Silva, Aged around 68 Years, Address,Bangalore 560049, have changed my name from Usha Allan B C Medina to Choicy Verghese for all future purpose

I, Mohamed Faraz S/o Abdul Saleem R/o #13 , F Street , TSP Road , Kalasipalyam B'lore-560002 have changed my name to Mohammed Faraz .

I Shoma Swapan Ghosh W/o Harsh Bhardwaj aged about 39 years R/at B7-404, Awho Sandeep Vihar, Whitefield, B'luru-560067 have changed my name to Shoma Bhardwaj vide affidavit dtd: 29/05/2023 sworn before notary Uday Kumar K (Reg.No.22116), Bengaluru

I Hegde Kavana Gunasheela W/o, Mithradas Mohandas Shetty R/o Flat no 615, 6th Flr, Tower-1, Haravijaya Heights, VISL layout, Thalaghattapura, Bengaluru 560062. have changed my name to Kavana Hegde For all purposes,

I, Govindaraju V S/o Venkataswamaiah G residing at 7th cross, Channappa extension, Nelamangala have changed my name to Gagan V vide affidavit dated 21.04.2023 sworn before notary K.N Suresh, Nelamangala.

I Leticia Louis Xavier S/O, Louis Xavier R/o Jp Nagar 5th Phase have changed my name to Leticia Xavier for all purposes.

I Sandosh Kumaran Muliyil S/o Kunhikannan Muliyil R/o No 1010/B,1st Floor, Vasi Villa,17th D cross, Indiranagar 2nd stage, Bengaluru 560038 have changed my name to Santosh Kumar Muliyil for all purposes.

LOST & FOUND

LOST my matriculation certificate classes 10th,12th & degree certificate (SSLC & Higher secondary) (Nagma Mohan RN , Register number-847814,738644) in Bangalore City around 25/2/2023. If found / seen pls call -8220298181

Go First is no go

Go First Airlines said its flight operations will remain cancelled till June 4, adding that a full refund will be given

Wrestlers halt plan to immerse medals in Ganga

After farmer leaders intervene, athletes give 5-day deadline

#HARIDWAR (UTTARAKHAND)

Protesting wrestlers, gathered at Uttarakhand's Haridwar to immerse their medals in river Ganga, as a mark of protest against WFI chief and BJP MP Brij Bhushan Sharan Singh over sexual harassment allegations, on Tuesday decided to halt their plan after farmer leader Naresh Tikait intervened and sought a five-day time from the protesting grapplers.

Tikait took medals from the wrestlers and sought a five-day time from them.

Olympic medalist wrestlers Bajrang Punia and Sakshi Malik alongwith Vinesh Phogat, who have accused the Wrestling Federation of India (WFI) chief Brij Bhushan Sharan Singh of sexual harassment and are demanding his arrest, reached Uttarakhand's Haridwar to immerse their all medals including Olympic medals in the river Ganga on Tuesday evening, as a mark of their protest. A sizable crowd is present as the wrestlers were seen huddled together to immerse their medals which they have achieved after much hard work.

Women wrestlers were sitting on the ground and were emotional.

Earlier, the wrestlers took to Twitter and shared a post about the chain of events that have unfolded in recent days and the way authorities handled the situation. The protesting wrestlers said that they will visit Haridwar and throw their medals in the Ganga at 6 pm on Tuesday.

They said they will sit on a hunger strike at India Gate after throwing their medals. In their post, the wrestlers said, "You saw everything that happened on May 28, how police treated us and the way they arrested us. We were protesting peacefully, our place has been taken away and the next day serious cases and FIR were filed against us. Have the wrestlers committed any crime by demanding justice for the sexual harassment that happened to them? The police and the system are treating us like criminals, while the oppressor is taking jibe moving freely. He is even openly talking about changing the POSCO Act." Several ace grapplers including Bajrang Punia, Vinesh Phogat and Sakshi Malik have been protesting against the Wrestling Federation of India (WFI) chief Brij Bhushan Sharan Singh accusing him of sexual harassment and demanding his arrest. They also went on to question the fact that how the women wrestlers had to hide for the entire day. **ANI**

A crowd gathers around protesting wrestlers who came to immerse their medals in river Ganga in Haridwar on Tuesday

> **"It is not less than death for us thinking of returning medals but how can we live compromising our self-respect? We don't need these medals anymore** Wrestlers' statement

10 Vaishno Devi pilgrims dead

#JAMMU

Ten Vaishno Devi pilgrims, most of them from Bihar, were killed and 57 injured on Tuesday as the bus they were travelling in skidded off the road and rammed into the railing of a bridge before falling off it, officials said.

The death toll may go up as Government Medical College Hospital Principal Shashi Soodan said two of the injured admitted there are critical.

The officials said the bus, which was on its way to Katra from Amritsar, met with the accident in Jhajjar Kotli area on the Jammu-Srinagar National Highway between 6.30 and 7 am. Katra is a base camp for the pilgrims visiting the famous shrine atop the Trikuta hills.

They said most of the travellers were members of an extended family from Bihar's Lakhisarai and were on pilgrimage to Vaishno Devi temple for a ritual of a child.

"The accident took place at Jhajjar Kotli bridge. Ten people have died. Rescue operation is almost complete," Jammu Senior Superintendent of Police Chandan Kohli told PTI. "We are investigating the reasons behind the accident."

Local residents, CRPF and police personnel rushed to the spot and launched the rescue operation.

"The troops of 137 CRPF battalion carried out the rescue operation to evacuate injured driver and passengers from the bus, which turned turtle and fell down from Jhajjar Kotli bridge on highway," the force said in a tweet.

"Two persons were brought dead while others died on the spot," said GMC hospital principal Soodan. J&K DGP Dilbagh Singh said prima facie, the cause of accident appeared to be human error or speeding. **–PTI**

A bus fell into a deep gorge on the Jammu-Srinagar national highway

Water 'crime': Fine of ₹53K

#RAIPUR

The Chhattisgarh government has imposed a fine of Rs 53,092 on an official who allegedly drained out 41 lakh litres of water from a reservoir to retrieve his mobile phone. The Water Resources department imposed the fine on Rajesh Vishwas, a food inspector posted in Pakhanjore area of Kanker district, an official said on Tuesday. Vishwas was earlier suspended after the incident at Paralkot weir came to light.

In a letter to him, the department said he drained out water from the cistern of a waste weir using a diesel pump without seeking permission from the competent authority after his mobile phone fell into it. This act was illegal under the Chhattisgarh Irrigation Act, it said. Vishwas wasted 4,104 cubic mt of water (41 lakh litres) for which he has been asked to pay Rs 43,092 at the rate of Rs 10.50 per cubic meter, the letter said. A fine of Rs 10,000 has been imposed for evacuating water without permission. **–PTI**

Manipur: Shah holds talks, announces compensation

#IMPHAL/CHURACHANDPUR

Union Home Minister Amit Shah Tuesday visited Churachandpur, the scene of some of the worst rioting in the recent ethnic conflict which broke out in Manipur earlier this month, to hold talks with Kuki civil society leaders.

Among others, Shah who flew down in a helicopter accompanied by the IB chief and home secretary, is meeting church leaders as well as intellectuals from the Kuki community to understand their grievances and find ways to bring peace to the northeastern state which has witnessed a seroies of clashes between Meiteis and Kukis.

Earlier in the day, the government announced it will give a compensation of Rs 10 lakh to those who died during the ethnic conflict in Manipur.

A member of the family of those who died in the rioting will also be provided a job. The compensation amount will be borne equally by the centre and the state, officials said.

The decision was taken at a meeting between the Union Home Minister and chief minister N Biren Singh, on Monday late night.

Manipur has been hit by ethnic conflict for nearly a month and witnessed a sudden spurt in clashes and firing between militants and security forces on Sunday, after a relative lull for over a fortnight.

The death toll from clashes has gone up to 80, officials said.

The meeting also decided to ensure that essential items such as petrol, LPG gas, rice and other food products will be made available in large quantities to cool down prices.

The home minister who flew in to Imphal Monday night is accompanied by the Home Secretary Ajay Kumar Bhalla and Director of the Intelligence Bureau Tapan Kumar Deka.

Kuki people stage a peaceful rally to restore peace in Manipur on Tuesday

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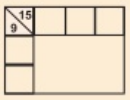
IN THEATRES
THIS FRIDAY
directed by LAXMAN UTEKAR
produced by DINESH VIJAN produced by JYOTI DESHPANDE
a MADDOCK FILMS production
PVR CINEMAS | INOX CINEMAS | CINEPOLIS CINEMAS |
GOPALAN | INNOVATIVE MULTIPLEX |
BHARATH CINEMAS | DRC {MYSORE} |
MOVIETIME {DAVANGERE} & OTHER CINEMAS.
FARNAZ

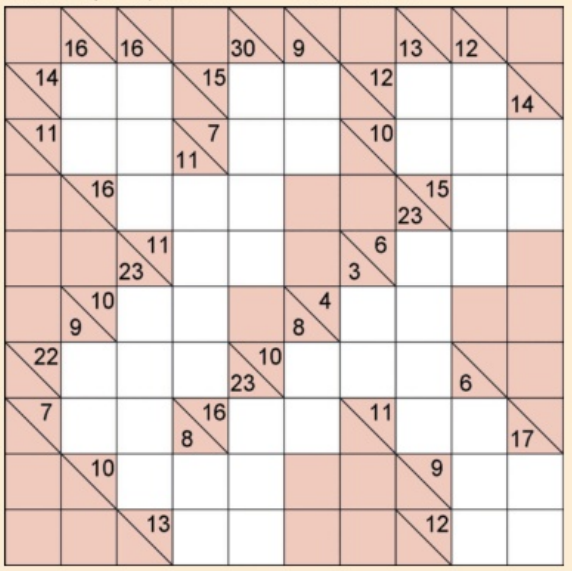
mybangaloremirror@timesgroup.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

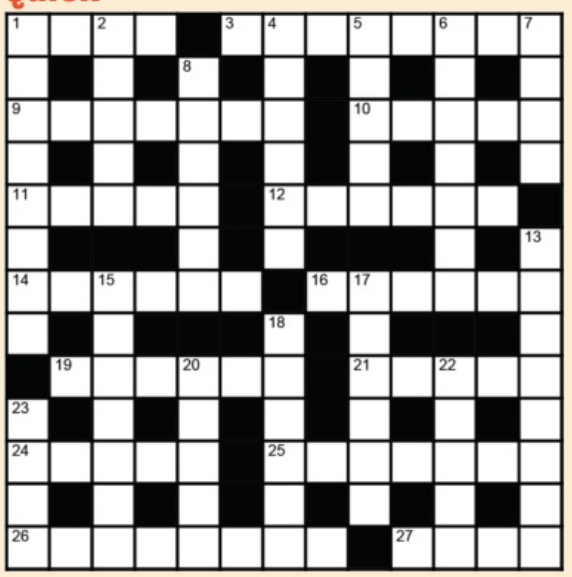
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Strike sharply (4)
3 Explanations (8)
9 Ca in the periodic table (7)
10 At no time (5)
11 Pole vault legend Sergei ___ (5)
12 Junkie (6)
14 Park spanning 300 acres in the Cantonment Area (6)
16 Stretching muscle (6)
19 Giant grass (6)
21 Municipal (5)
24 Deep fissure (5)
25 Whole number (7)
26 Advance reservations? (8)
27 Special loved ones (4)

DOWN

1 Bribe or protection money? (8)
2 Extemporize (2-3)
4 Military action (6)
5 Possessed (5)
6 Learners (7)
7 A tender spot (4)
8 Mozart opera "The Marriage of _____"? (6)
13 Obtains or acquires (8)
15 Display of daring (7)
17 Arouse, incite or electrify (6)
18 Cutting down (6)
20 Winsome deer (5)
22 Not very clear (5)
23 Protective crust over a wound (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS G

FDDY MACXUHIF HB DIA-EDWTMU NTANCTCMHDI CIY MUTAA-EDWTMUB MUACMAT.

Linemaro

Every time I hear your voice, I hear another reason to love you forever

Mindchow

Our opinions have no permanence; like autumn and winter, they gradually pass away

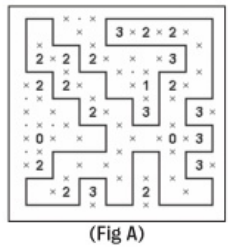
Joke of the day

Laugh alone and the world thinks you're on bluetooth

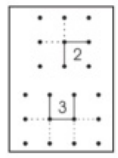
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

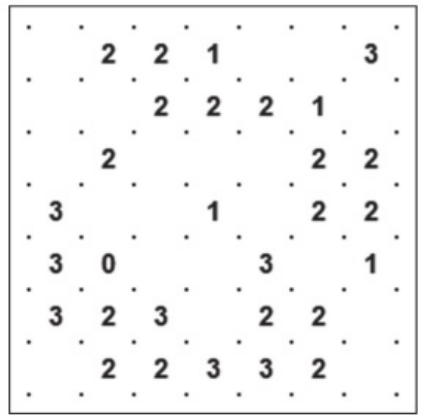


(Fig B) Not Allowed

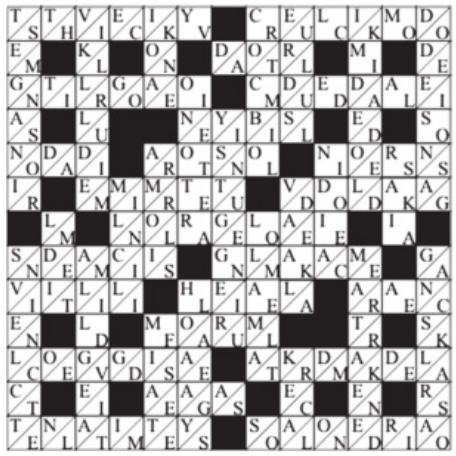
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



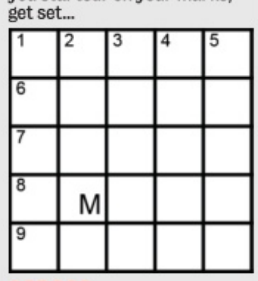
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

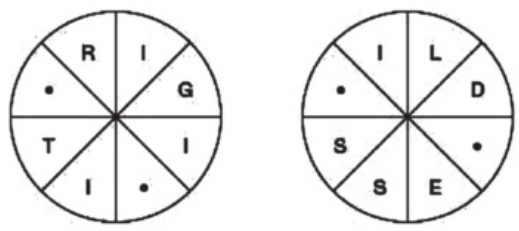
1 Crust; 6 Emile;
7 Lip an; 8 Toe me;
9 Bahts

DOWN

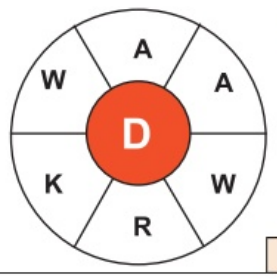
1 Cel be; 2 A alum;
3 Trope; 4 H mist;
5 Stein

Mensapuzzle

Fill in the blanks to find two words that are antonyms.



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

SudokuChallenge

		3	8		4	6		
8			3	5	1			7
			9		2			
	4	9				2	6	
	6						7	
	2	7				9	5	
			6		9			
6			5	4	3			1
		4	1		7	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

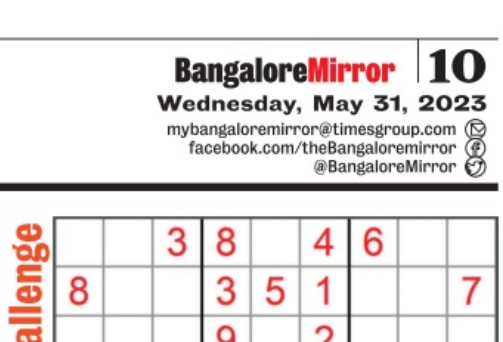
Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 24
4 5 6 9

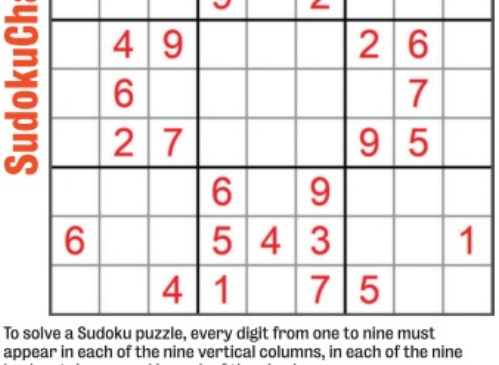
Medium = 12
2 3 4 8

Hard = 15
2 4 7 2

Hocusfocus



Find at least six differences in details between panels.



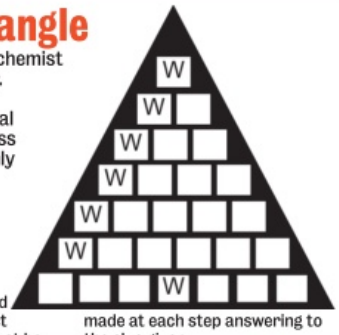
Differences: 1. Doorknob is higher. 2. Pool cue is missing. 3. Ball is moved. 4. Light bulb is smaller. 5. Sleeve is longer. 6. Thumb is moved.

Riddler

Suppose a small bank has one teller and customer transactions take 10 minutes on average. With 5.8 customers arriving per hour, what is the expected wait time? What would it be if you added a second teller?

Alpha triangle

1 Tungsten for the chemist
2 West Indies, abbr.
3 Hairpiece
4 One time Tory rival
5 Measure heaviness
6 Complain peevishly
7 Masticating



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

AREN'T YOU AFRAID THE CAVALRY WILL BE ABLE TO MAKE TANGLEFOOT TALK WHILE HE'S BEING HELD PRISONER ?
SURE THEY WILL! BUT WHO CARES ? .. HE NEVER MAKES ANY SENSE WHEN HE TALKS ANYWAY
DID YOU HEAR THE NEWS ? ..THE PALEFACES JUST MADE TANGLEFOOT AN OFFICER!
Yates/Casson

Bizarrotrip

I never imagined ending up with someone who's not a cat person.
BIZARRO.COM
Wayno & 3 Piraro
3-23-23
Dist. by King Features
©2023 Bizarro Studios

Diamond Lil

Hart of the city

YOUR HONOR, MEMBERS OF THE JURY, MY NAME IS CHARLOTTE.
TODAY WE'LL BE DISCUSSING HOW MY MOM'S JOB AS A HOMEMAKER-SLASH-AT-HOME-PARENT IS A LEGITIMATE FULL-TIME JOB.
OBJECTION!
MOM, YOU CAN'T OBJECT TO MY OPENING STATEMENT!
SORRY, SORRY! PLEASE CONTINUE!
LEAGUE OF THE CITY © 2023 JANOSKIANS INCORPORATED
@OCOMICS.COM/HEARTOFTHECITY

Crankshaft

WHAT ARE YOU DOING?
I'M LOOKING FOR SOME EARLY SPIDER-MAN COMICS I THOUGHT I HAD... BUT CAN'T FIND.
I'M SORRY.
IT'S OKAY... I'M NOT UPSET...
IT SHOWS!
BATTLIK & DAVIS
tombatiuk.com/books
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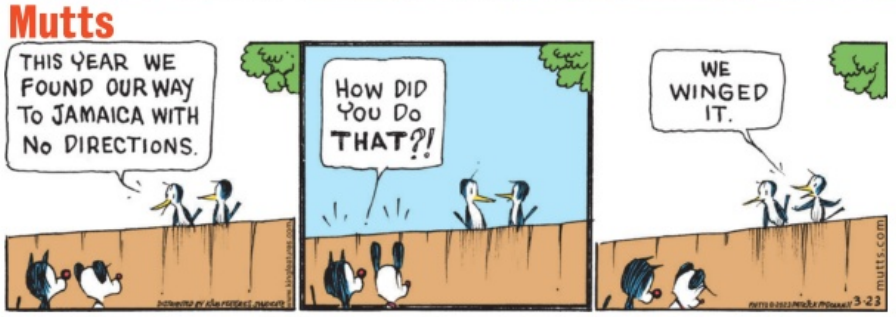
Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel better as situations come under control. Your network may assist you on the work front, and you may plan for overseas travel. It's a good time to enhance domestic harmony and love life. Bring some artifacts or creative items for the family. You can also plan to watch movies or go for an outing with friends or family.

Taurus Apr 21 – May 20
Today, you may get tired due to overworking, which can make you lazy and careless. It is advised to have patience. If you are planning an adventure tour, it's advisable to postpone it for a while. Your past investments may turn into dead stock. Students are advised to work hard. You may experience backaches, nervous system issues, liver-related problems, and skin issues.

Gemini May 21 – Jun 21
Today, your creativity may be at its peak, and you may plan to renovate your house. Buying items to renovate your house or office can enhance your social status. There is likely to be harmony with your spouse, which contributes to domestic life. Disputes with friends, co-workers, and partners may be settled. Good news regarding legal matters may come your way.

Cancer Jun 22 – July 23
Today, your creativity may be high, and you may attend a creative event. Money that was stuck may be recovered now. Job seekers are advised to update their knowledge with the latest information. Students are advised to put in more effort in their academics.

Leo Jul 24 – Aug 23
Today, you may feel dullness due to sleeplessness, causing you to lose focus on your goals. This can affect your working efficiency. Consider planning a visit to a spiritual place. Later in the evening, you may receive blessings from your elders, enabling you to identify your mistakes and make a good plan for the coming day. Take care of your parents' health.

Virgo Aug 24 – Sep 23
Today, you may be in a hurry, so drive safely. With the blessings of elders, you may overcome a messy situation. You are likely to be more romantic in your love life, and harmony may prevail in your domestic life. Expect positive results in new partnerships. Lovebirds may enjoy their happy moments. Students may receive good news regarding their academics.

Libra Sep 24 – Oct 22
Today, your subordinate staff may be cooperative, helping you complete postponed projects. You are likely to participate in a social event that can boost your network, benefiting your work or social life. Plan an outing with friends. Settle any disputes with friends. Students are advised to avoid carelessness.

Scorpio Oct 23 – Nov 22
Today, try to avoid spending your hard-earned money on worthless things as it may affect your savings. Also, avoid having excessive expectations from those around you, as they may lead to disappointment and affect your relationships. Control your way of speaking while discussing domestic issues.

Sagittarius Nov 23 – Dec 22
Today, you may feel energetic and have inner strength. Your performance may be good, allowing you to complete your work within the given timeframe. Helping someone in need by offering advice can bring happiness. Your prestige may grow, and you can maintain a balance between your domestic and professional life. Those involved in import/export, trading may excel.

Capricorn Dec 23 – Jan 20
Today, you may fall victim to fantasies that drive you towards hypothetical aspects, making you indecisive and disturbed. This can affect your ongoing projects or work. Financial issues may also impact your ongoing projects. It's advised to be practical and avoid daydreaming.

Aquarius Jan 21 – Feb 19
Today, you are blessed by the moon, and your small investments may yield significant profits. Your working efficiency may increase, and you are likely to achieve success with less effort. Good news may come in legal matters, and you may have control over your opponents and rivals.

Pisces Feb 20 – Mar 20
Today, you are blessed by the moon, and your small efforts may lead to success. You can expect good profits from your past investments and receive rewards for your hard work in both professional and domestic life. Your prestige may increase, and you may even initiate new innovations in your business. Disputes with your spouse may be resolved, bringing harmony to your relationship.

KIDZONE

Dakshith Rao V, 6 years, DRDO KG School

Sanjanaa V, 14 years, KV DRDO School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
((-9) ÷ (20)) x (-5) + (-14)=
(-9÷20) x (-5) + (-14)=
-9/20 x (-5) + (-14)=
45÷20 - 14 =
[2.25 - 14 = -11.75]

RIDDLER
With one teller, customers will wait nearly five hours on average. But adding a second teller makes the wait go down to 3 minutes.

FAST FIVE

C	U	R	S	T
E	L	E	M	I
L	A	P	I	N
E	M	O	T	E
B	A	T	H	S

STRIKE OUT

S	T	I	I	C	K	Y		C	U	C	K	O	O	
E	N	T	I	T	Y		S	A	N	D	R	A		
T		E		A	G	A		C		N		R		
S		U		N	I	B	S		D		S			
O	D	D		A	T	N	O		N	E	S	S		
N	I	L	G	A	I		M	U	D	D	L	E		
E		L		O		D	O	R		I		D		

QUICK

B	O	O	K	I	N	G	S		P	E	T	S		
A		D		B		N		E		U		E		
S		V		A		W		I		A		U		
C	U	B	B	O	N		T	E	N	S	O	R		
A				R		T			E			P		
B	U	B	K	A		A	D	D	I	C	T			
K		I		G		B		E		I		E		
C	A	L	C	I	U	M		N	E	V	E	R		

KENSA PUZZLE
mildness, rigidity.

QUOTE UNCODE
Good teaching is one-fourth preparation and three-fourths theatre.

BULL'S EYE
award, AWKWARD, dark, draw, ward

SUDOKU

2	5	3	8	7	4	6	1	9
8	9	6	3	5	1	4	2	7
4	7	1	9	6	2	8	3	5
5	4	9	7	1	8	2	6	3
3	6	8	2	9	5	1	7	4
1	2	7	4	3	6	9	5	8
7	1	5	6	8	9	3	4	2
6	8	2	5	4	3	7	9	1
9	3	4	1	2	7	5	8	6

ALPHA TRIANGLE
W, WI, WIG, WIGH, WHIGH, WHINGE, CHEWING.

GO FIGURE
Easy
9 + 5 + 6 + 4 = 24
Medium
2 x 3 x 8 / 4 = 12
Hard
2 + 7 + 2 + 4 = 15

LOOP

KAKURO

Volume No 15, Issue No 242 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

 # Sequel worthy Filmmaker Ali Abbas Zafar says he approached "Bloody Daddy" as a big budget OTT movie designed in a way that its story can be taken forward

What DP watches

Deepika Padukone is gearing up for Fighter, a thriller starring Hrithik Roshan.

Amidst hectic shoots, DP recently made some time to interact with her fans through an Ask Me Anything (AMA) session on her IG handle.

The actor was asked what she was binge watching these days. To this, looking a little embarrassed, Deepika replied that it was the latest season of Indian Matchmaking. As soon as she admitted that, her face turned red with embarrassment. The reality show is all about arranged marriages with Sima Taparia from Mumbai trying to fix up alliances from all over the world, with most coming up with a regressive checklist and demands. Deepika, who has been extremely popular on the gram, has been treating her fans with some lovely glimpses of her lately! The actress who recently appeared on the cover of an international magazine also shared some BTS footage and fans were left in awe.

—ETimes

HER CALLING

How Alaya decided to become an actor

Alaya F, who was last seen in U-Turn, recently opened up about her journey as an actor amongst other things. Despite studying film direction, Alaya decided to become an actor.

Spilling some beans on the same, the actress told a news portal that although she studied film direction, she realised that it wasn't for her because she is hyper-particular about everything when she is creating. Alaya also revealed that there have been times when she has re-shot for brands, not because the brand is not happy but because she was not happy.

Talking about her debut film 'Jawaani Jaaneman', costarring Saif Ali Khan and Tabu, Alaya said that while she was shooting for the film, she was at her peak calm. Each scene just flowed for her. She absolutely loved the film. According to her, everything fell together well in that film. She added that the first day of shooting made her very happy about her decision to be an actor.

Earlier, the actress had shared that she can feel whether the project is interesting, conventional, or unconventional in her gut, and that's how she opts for it.

— ETimes

Etched in memory

Puneeth Rajkumar's brother Raghavendra has got a tattoo to pay a tribute to the late actor.

Raghavendra got a tattoo in memory of Puneeth as he inked the names of the late actor and his daughters names on his chest.

A picture that has gone viral on social media, where Raghavendra has the names of Puneeth, fondly called Appu and his daughters - Toto and Nukki, tattooed on his chest.

Toto and Nukki are the nicknames of Puneeth's two daughters -- Vanditha and Drithi respectively.

On October 2021, Puneeth complained of uneasiness to his wife Ashwini, and died on his way to a hospital in Bengaluru at the age of 46. The reason for his death was declared to be cardiac arrest. Raghavendra is an actor and a filmmaker. He was last seen playing a cameo in Puneeth's film 'James', which released in 2022. **— IANS**

Break a record? Why not!

Indian American model, TV host, author and activist Padma Lakshmi hopes to become the oldest Sports Illustrated Swimsuit Issue model in history.

The 52-year-old model has said that she'd love to replace Martha Stewart in the record books, after the 81-year-old TV star appeared on the cover of the 2023 Swimsuit Issue, reports aceshowbiz.com.

Asked if she'd like to surpass Martha's record, Padma told the New York Post newspaper's Page Six Style column, "I hope. I mean, listen, if I'm still doing covers like she is at 80 plus. I mean, God, more power to her. And she's always been someone I've admired, so why should this be any different?"

Padma appeared in this year's Sports Illustrated Swimsuit edition. However, she never expected for it to happen so late in her career. Padma shared, "I thought it would happen one day for me when I was in my 20s and 30s and a model, but it never did, so I really thought that ship had sailed. So it's almost sweeter happening at this age."

Earlier this month, Martha said she was "kind of surprised" to land the cover. **— IANS**

Eye-catching fan

Hollywood actor Pedro Pascal, whose meme with Nicolas Cage from 'The Unbearable Weight of Massive Talent' has been trending on social media, showed his devotion to fans in an unusual way. The former 'Game of Thrones' actor said that his fans once stuck their thumbs in his eyes. The actor recently made the revelation on a recent episode of a podcast, reports 'People' magazine. The former 'Game of Thrones' actor, sat down with Kieran Culkin, Jeff Bridges and others for en episode of The Hollywood Reporter's 'Actor Roundtable' and said, "I remember, earlier on, because of Game of Thrones and the way my character died, people were super into taking selfies with their thumbs in my eyes." **-IANS**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Women power

Purushottam Omkaraswamy aka BA Purushottam known for directing devotional movies has a new ace up his sleeve. His latest film Aralida Hoovugalu that will be released shortly highlights the importance of women. Purushottam has directed 24 devotional movies in the last 30 years. "Aralida Hoovugalu has 63 scenes and each of them has a message for all. The movie will showcase women's power and how a woman can take revenge if anyone embarrasses her," said Purushottam.

The movie's shooting was held in Chitradurga, Chandavalli Thota and surrounding places for 30 days. "Aralida Hoovugalu is based on a novel written by Manjunath," he said.

K Manjunath Naik has bankrolled the movie under the Sonu Films banner. It is Manjunath's second movie as a producer. He hails from Chitradurga and works as a teacher.

"I bankrolled the movie Seethammana Maga and will never forget the experience I had during its shooting. I wrote a novel last year and wanted to make a movie based on it. I thank director Purushottam for directing this movie. Arrangements are being made to release it next month. I am very happy with how it has turned out," said Manjunath.

Priceless premiere

Rajesh Agarwal from Hyderabad debuts as a producer in Sandalwood with Yadha Yadha Hi which is scheduled for release on June 2 across the state. A Kannada movie with similar title – Yada Yada Hi Dharmasya – was released in March 2019 and Sai Kumar and Vijay Raghavendra played key roles in that movie.

The specialty of the Yadha Yadha Hi is that its producer has arranged the premier of the movie at Veeresh theater in Bengaluru and Sudha theater at Hubballi on Wednesday evening for which Rs 1 is fixed as the rate of admission. Haripriya and Vasishta Simha play key roles in the film. It is their first movie release after they tied the knot. It is said that Haripriya plays a negative role in the movie. Both have also sung the title song of this movie. Diganth Manchale, known for jovial roles, plays a police inspector in the movie.

Manjunath Gowda alias Jack Manju will release this movie through Shalini Enterprises.

Ashok Teja from Hyderabad, the director of this film, has earlier directed Telugu movie Odela Railway Station in which Vasishta Simha played the lead. Ashok began his career as a lyricist in the Telugu film industry.